

PERBEDAAN KESEHATAN MENTAL BERDASARKAN LEVEL
AKTIVITAS FISIK DAN GENDER PADA REMAJA DI WILAYAH
KABUPATEN SERANG

SKRIPSI

diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar Sarjana
Olahraga
Program Studi Ilmu Keolahragaan



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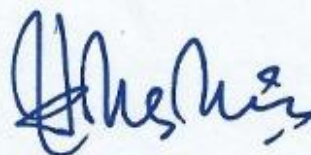
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PERNYATAAN

Dengan ini saya menyatakan bahwa skripsi yang berjudul “**Perbedaan Kesehatan Mental Berdasarkan Level Aktivitas Fisik dan Gender Pada Remaja di Wilayah Kabupaten Serang**” ini beserta seluruh isinya adalah karya saya sendiri. Saya tidak melakukan penjiplakan dan pengutipan yang melanggar etika ilmu yang berlaku dalam masyarakat keilmuan. Atas pernyataan ini, saya siap apabila dikemudian hari ditemukan adanya pelanggaran etika keilmuan atau ada klaim dari pihak lain terhadap karya saya.

Bandung, Desember 2019

Yang membuat pernyataan,

Khatami Nurseha

ABSTRAK
PERBEDAAN KESEHATAN MENTAL BERDASARKAN LEVEL
AKTIVITAS FISIK DAN GENDER PADA REMAJA DI WILAYAH
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Aktivitas fisik dan kesehatan mental merupakan kebutuhan yang penting untuk terwujudnya pengertian kesehatan secara menyeluruh baik dari aspek jasmani, rohani dan sosial. Peneliti ingin menguji apakah terdapat perbedaan kesehatan mental berdasarkan level aktivitas fisik dan gender. Metode penelitian yang di gunakan pada penelitian ini yaitu studi komparatif dengan pendekatan kuantitatif. Sebanyak 413 remaja di wilayah Kabupaten Serang yang menjadi sampel dalam penelitian ini pengambilan sampel menggunakan teknik *random sampling*. Instrument yang digunakan pada penelitian ini adalah GPAQ (*global physical activity questionnaire*) untuk mengukur tingkat aktivitas fisik dan GHQ-12 (*general health questionnaire*) untuk mengukur tingkat kesehatan mental. Hasil penelitian dianalisis menggunakan *one way anova* dan *independent sample T test* pada SPSS versi 25 menyatakan data kesehatan mental berdasarkan level aktivitas fisik dengan nilai $\text{sig}.0.245 > 0.05$ maka hasil penelitian tidak terdapat perbedaan kesehatan mental berdasarkan level aktivitas fisik, serta data kesehatan mental berdasarkan gender dengan nilai $\text{sig}.0.952 > 0.05$ maka hasil penelitian tidak terdapat perbedaan kesehatan mental berdasarkan gender.

Kata Kunci: Aktivitas fisik, Kesehatan Mental, Remaja, Gender, GPAQ, GHQ-12

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